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TRAPPED IN ETERNAL THURSDAY

MAYBE A SKETCHY DATE WITH A CLIENT WILL SHAKE THINGS UP? **PAGE 7**



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Scott Snatinsky shovels snow outside of St. Paul's Roman Catholic Cathedral on Spadina Crescent East on Monday morning. Snatinsky was one of many people doing the shovel shuffle as Saskatoon got hit with seven to 10 centimetres of snow on Monday. **MORGAN MODJESKI/METRO**

Rate of HIV infection down in Sask.

But health officials say the aboriginal population is still struggling **PAGE 2**

Egypt's ousted president resurfaces

Mohammed Morsi defiantly rejects a court's authority, saying those who overthrew him should be on trial **PAGE 4**

Napping to the gentle melodies of ... Jay Z?

Rockabye Baby turns your favourite pop tunes into lullabies **PAGE 9**

Say it ain't snow! City takes wintry wallop

The white stuff. Crews work to sand, clear ice-slicked streets after Saskatoon's first snowfall; public advised to take it slow



City officials and emergency responders were kept busy

on Monday as the city experienced its first walloping of winter weather.

City officials say recent rain and snow created a "perfect storm" of winter conditions, and now, crews are working to sand and clear Saskatoon's streets.

"We've had crews out since the snow started (Sunday) night," said public works manager Pat Hyde on Monday afternoon. "They continued through the day and will continue right through until we have this situation licked."

Hyde said crews are expected to finish working on priority one streets, like Circle Drive, 8th Street and College Drive, by Monday night, with crews then moving to clear priority two streets within 36 hours and priority three streets in 72 hours.

"We can't be everywhere at once all at the same time," Hyde said, noting the city has allotted \$6 million for snow-clearing and another \$2.3 million for sanding.

Troy Davies, spokesman for MD Ambulance, said the first

snowfall is always a busy time for the city's paramedics. On Monday, MD Ambulance responded to a number of calls including one slip-and-fall injury and one call of an 83-year-old man suffering cardiac arrest while snow-blowing.

"The two main things we'd be sent out for, for this time of year, is car accidents and slips and falls," Davies said in a phone interview.

"The bad thing with this type of snow is we don't have completely freezing temperatures right now, so obviously

it's going to melt a little bit (Monday) and then obviously get colder again (at night) ... so black ice will be an issue for us."

Both Hyde and Davies advised the public to allot more time for travel as slowing down is one of the best ways to prevent an injury or collision.

Environment Canada explained the weather system that brought Monday's snowfall has dissipated and Saskatoon should be free of another snowfall for at least five days.



Rate of HIV infection decreases in Saskatchewan

Conference. But aboriginal population still struggling, say health officials

While the overall number of reported HIV cases in Saskatchewan declined this year, there is still much work to be done.

Dr. Johnmark Opondo, medical health officer of the Saskatchewan HIV Provincial Leadership Team, said at the Prairies HIV Conference in Saskatoon on Monday that from 2009 to 2012 the rate of infection per 100,000 declined to 17.2 from 19.1.

"HIV is one of those disease conditions where you can't let your foot off the gas," said Opondo. "We need to sustain those gains."

Despite the downward trend, he said the average national rate is roughly 7.4 per 100,000 and Saskatchewan retains the highest infection rate among the provinces.

Officials plan to tackle this by raising accessibility to testing, as well as individualizing care to address gaps in housing, transportation and mentorship services.

"It is all-encompassing and

a complex array of activities because each one needs to be tailored to the needs of a specific patient," said Opondo.

Dr. Ibrahim Khan, regional medical health officer with the First Nations and Inuit Health Branch, said the situation for aboriginal communities remains grim.

"On the provincial side, they are seeing a drop in the number of cases. But unfortunately on the First Nations side, we're not seeing that," said Khan.

Almost 80 per cent of new cases in 2011 were identified as aboriginal, he said, highlighting intravenous drug use and limited access to care as risk factors.

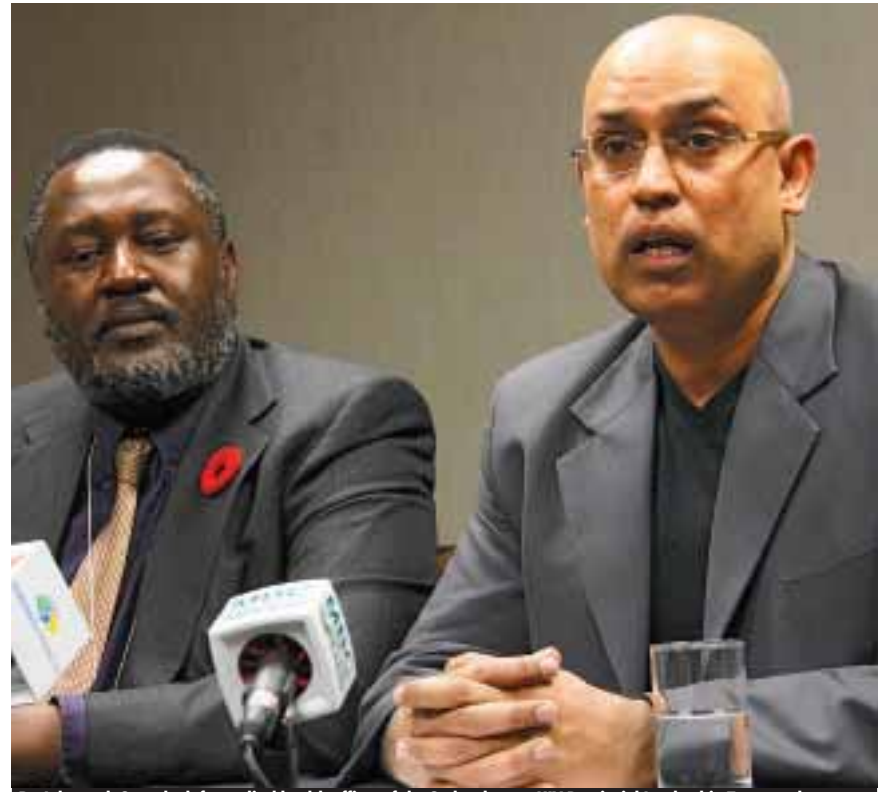
"In communities where we offer testing, we have seen a dramatic rise of positive people who perhaps were not even aware of their status," he said.

Having testing on reserves is important, said Khan, because the process is a gateway to treatment.

This month testing sites were introduced to seven new reserves around Saskatoon and the Battlefords, making for a total of 10 in the province.

"Our aim is to have testing available almost anywhere there are HIV cases," he said.

JACOB MORGAN/METRO



Dr. Johnmark Opondo, left, medical health officer of the Saskatchewan HIV Provincial Leadership Team, and Dr. Ibrahim Khan of the First Nations and Inuit Health Branch speak to media at the Prairies HIV Conference in Saskatoon. JACOB MORGAN/METRO

United Way campaign needs your help

The United Way of Saskatoon and Area is asking the public to dig deep as the organization enters the final month of its community campaign.

At a flag-raising ceremony at city hall used to mark United Way Month, which will run to the end November, Catherine Gryba, volunteer chair of the campaign, said they've raised \$2.5 million of the \$6.5-million goal and noted they only

have four weeks to collect the remainder.

"We are in week nine of 13 of our campaign, so this is a bit of a last push and we're very confident we'll raise the \$6.5 million — but we need every dollar," Gryba said on Monday.

She explained while the United Way is still roughly 60 per cent off its goal, the organization is confident the people

of Saskatoon will rise to the occasion.

"Saskatoon is a great community because people open their wallets year-round," said Gryba, noting the \$6.5 million will fund local projects like the United Way's Plan to End Homelessness and Saskatchewan's 211 service.

Mayor Don Atchison said the United Way is an important organization in the city.

"I think of all the people in our community, all the citizens that are being assisted by the United Way, and that number, to put it into reality, it's larger than the population of Prince Albert," Atchison said at Civic Square.

"There are a lot of people who are looking for help and assistance and United Way plays a vital role in all of that."

MORGAN MODJESKI/METRO



Mayor Don Atchison poses with the United Way's Jo Custead, centre, and Catherine Gryba.

MORGAN MODJESKI/METRO

Crime

Charges laid after police seize drugs, firearms

The Saskatoon Police Service has charged a man with a number of firearm and drug offences after a series of searches on Nov. 1.

Police say at roughly 12:30 p.m., officers received



A photo of firearms seized by the Saskatoon Police Service on Nov. 1. CONTRIBUTED

information about illegal drug activity and as a result located three pounds of marijuana in

a bag in the trunk of a vehicle.

The suspect, 33, was taken into custody at roughly 3:30 p.m. and police searched his home in the 600 block of Victoria Avenue.

Members of the Saskatoon Integrated Drug Enforcement Street Team located 70 grams of marijuana, 12 grams of hash oil, 85 grams of magic mushrooms, brass knuckles and a quantity of cash.

Police also searched two

rented storage units, where they found a number of firearms and ammunition. METRO

Operations

City realigns corporate structure

There is going to be a shift in the way the City of Saskatoon's departmental responsibilities are distributed.

City manager Murray Totland announced Monday a series of changes intended to streamline operations.

Some of the newly formed subsections of municipal government include corporate performance, which combines elements of human resources and communications, and transportation and utilities, which amalgamates utility and infrastructure services.

METRO

India to launch its first mission to Mars

Space exploration.

If it is successful, the mission will make India one of a handful of countries to reach the red planet

India is aiming to join the world's deep-space pioneers with a journey to Mars that it hopes will showcase its technological ability to explore the solar system while seeking solutions for everyday problems on Earth.

With a Tuesday launch planned for Mangalyaan, which means "Mars craft" in Hindi, India will attempt to become only the fourth space agency to reach the red planet, after successful attempts by the Soviet Union, the United States and Europe.

"We have a lot to understand about the universe, the solar system where we live in, and it has been humankind's quest from the beginning," said K. Radhakrishnan, chairman of the

To boldly go ...

"We have a lot to understand about the universe ... it has been humankind's quest from the beginning."

K. Radhakrishnan, chairman, Indian Space and Research Organization

Indian Space and Research Organization.

India sees its Mars mission primarily as a "technology demonstration," Radhakrishnan said. "We want to use the first opportunity to put a spacecraft and orbit it around Mars and, once it is there safely, then conduct a few meaningful experiments and energize the scientific community."

Radhakrishnan admits the aim is high. This is India's first Mars mission, and no country has been fully successful on its first try.

Mangalyaan is scheduled to blast off Tuesday from the Indian space centre on the southeastern island of Sriharikota. **THE ASSOCIATED PRESS**



Paramilitary soldiers stand guard near the Polar Satellite Launch Vehicle, which will launch India's first mission to Mars, at the Satish Dhawan Space Center at Sriharikota. ARUN SANKAR K/THE ASSOCIATED PRESS

Weight loss. Obesity surgery for teens is safe, new study says

U.S. teens seeking weight-loss surgery have a startling number of health problems that used to be seen only in adults, according to a major government-funded study.

Half the teens had at least four major illnesses linked with their excess weight. Three out of four had cholesterol problems; almost half had high blood pressure or joint pain; and many had diseased livers or kidneys.

The study offers evidence that obesity surgery is generally safe for teens, echoing previous short-term research. While it is a drastic, last-ditch option, major complications, including accidental injury to internal organs, occurred in just eight per cent of teens. Less serious complications including bleeding and dehydration affected 15 per cent of kids during the first month after surgery.

The study involved 242 teens who had surgery at five U.S. centres from 2007 through 2011.

Because lifestyle changes and medication rarely work for such obese teens, the study says obesity surgery should be considered for those with related health problems who are psychologically mature enough

Adults vs. teens

The results of a three-year follow-up on more than 2,000 patients in an adult study of obesity surgery show that:

- Adults generally had fewer obesity-related illnesses than the teens studied
- Gastric bypass surgery, the most common operation in the U.S., resulted in more weight loss and more improvement in related illnesses than stomach banding, as other studies have also shown.

to handle it.

The new results bolster evidence from smaller studies on teens and also suggest teens may do better, at least initially, than adults. Earlier 30-day research in adults found a few deaths after obesity surgery, although the risk was no greater than for other major operations. There were no deaths in the teen study.

THE ASSOCIATED PRESS

Parkour gone wrong?

N.Y.C. man trapped between buildings

Fire officials say a 19-year-old New York University student may have been trapped between two buildings for as long as two days.

The victim, Asher Vongtau, was rescued on Sunday. A fire department spokesman says he's in serious

condition at a hospital.

It's unclear how Vongtau got stuck between a five-storey parking garage and a 17-storey NYU dormitory. The spokesman says rescue workers broke through a concrete wall to reach him. He was wedged in an area about six to 18 inches wide.

The fire department says the only way to get to the site is from the roof of one of the buildings. **THE ASSOCIATED PRESS**

Earth-like planets fill our galaxy

Space may be vast, but it isn't that lonely. A new study finds that the Milky Way is teeming with billions of planets like ours, circling stars just like our sun.

Astronomers using NASA data calculate that in our galaxy alone there are at least 8.8 billion stars like

our sun with Earth-sized planets that are not too hot or not too cold.

For perspective, that's more Earth-like planets than there are people on Earth.

They calculated that 22 per cent — slightly more than one in five — of our

sun-like stars have planets similar to Earth in size and temperature. Study co-author Geoff Marcy says that means billions of places for life to develop.

As for what it says about the odds that there is life somewhere out there, it means "just in our Milky

Way galaxy alone, that's 8.8 billion throws of the biological dice," said Marcy.

The study, published in the journal Proceedings of the National Academy of Science, is based on data from NASA's now crippled Kepler space telescope.

THE ASSOCIATED PRESS

WAKE UP TO SOMETHING NEW.

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54 Canadians snared in child-porn sting with fake 10-year-old girl

Webcam child-sex tourism. Researchers created a 3D animation of the girl to convince the men she was a real child

A sting operation has turned up dozens of Canadians among thousands of adults willing to pay to watch a 10-year-old Filipino girl perform sex acts on a webcam, an international children's rights group said Monday.

The group Terres des Hommes, operating out of Amsterdam, said 54 Canadians were among more than 1,000 adults from 71 countries identified during the 10-week project.

"It's frightening to see that these people think that the Internet is a completely lawless space," said one of the researchers for the group, who identi-

Predators

In all, the researchers identified more than 1,000 predators — including 254 Americans and 110 Brits.

- They said they would have been able to ID far more if they had more time and resources.

fied himself only as Peter for fear of reprisals.

"The most shocking part of this — aside from the horrific child-abuse material that we were sometimes sent — was just the fact that it was so easy to catch these people. They have zero risk perception."

Detailed identification information is now in the hands of Interpol for passing on to national law-enforcement authorities to investigate, Peter told The Canadian Press from

Amsterdam.

Canada's Criminal Code prohibits accessing child pornography and child prostitution, so the law should be adequate for prosecution, the group said.

In all, 20,172 adults offered to pay between \$1 and \$100 using untraceable prepaid credit cards to have "Sweetie" perform a sex show via webcam — despite being told at least twice that she was only 10.

Until now, Peter said, he believed police had a good handle on webcam sex tourism. The project has shown that's not the case, he said.

"The idea that police are on top of this kind of child abuse is just an illusion," Peter said.

The group has posted a documentary about its investigation on YouTube — youtube.com/sweetie — and begun a petition aimed at pressuring authorities and politicians to do more to halt such illegal sex shows. **THE CANADIAN PRESS**



Anti-American rally in Iran

Iranian schoolgirls raise their palms with Persian writing that reads "death to America" during an anti-American rally in Tehran, Iran, Monday. Tens of thousands of demonstrators packed the streets outside the former U.S. Embassy in the biggest anti-American rally in years; a show of support for hardline opponents of President Hassan Rouhani's historic outreach to Washington. **EBRAHIM NOROOZI/THE ASSOCIATED PRESS**

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Budapest

Hungarian lawmaker admits beating partner

Hungarian prosecutors say that a lawmaker who claimed his partner had injured herself after tripping over their large dog has confessed to punching her in the face, grabbing her hair and slamming her head against wooden terrace railings.

Prosecutors said Monday that Jozsef Balogh was drunk on April 28 when he assaulted his partner.

THE ASSOCIATED PRESS

T-shirts for action

U.S. actors protest Russian ban on gay 'propaganda'

Actors Jonah Hill, Jamie Lee Curtis and Kristen Bell are among a batch of celebrities donning Russian-language "Love Conquers Hate" T-shirts to show support for gays in Russia alarmed by a new law banning pro-gay "propaganda."

It's part of an initiative launched Monday by the Human Rights Campaign.

THE ASSOCIATED PRESS

First appearance in months. Egypt's ousted president defiant in court

After four months in secret detention, deposed President Mohammed Morsi defiantly rejected a court's authority to put him on trial Monday, saying he still was Egypt's leader and that those who overthrew him should face charges instead.

The trial, which was interrupted twice on its first day by shouting in the raucous courtroom, was then adjourned until Jan. 8 to allow lawyers time to review the case against Morsi and his 14 co-defendants — all prominent members of the Muslim Brotherhood.

Morsi, Egypt's first freely elected president, had been held at an undisclosed location since the military ousted him in a coup July 3. His appearance in court represented a step by the military-backed authorities toward granting him due process in the face of mounting criticism by rights groups.

Morsi and his co-defendants face charges of inciting the killing of protesters who massed outside the presidential palace in December and demanded he call off a referendum on a new constitution drafted by his Islamist allies. Brotherhood members attacked a sit-in by the protesters, sparking

Morsi in court

The 62-year-old Morsi, who wore a dark blue suit, light shirt and no tie, was feisty and healthy-looking during his court appearance.

- He refused to wear a prison uniform as part of his rejection of the trial's legitimacy, according to security officials.

clashes that left 10 people dead.

Reporters in the courtroom were not allowed to bring cameras, computers or cellphones as authorities sought to keep tight control on the proceedings, clearly wanting to prevent protests and clashes in the streets.

"This case (of violence) is a turning point and the beginning of the downfall of Morsi," said Ragia Omran, a civil lawyer who represents two of the victims.

If convicted, Morsi and the other defendants could face the death penalty.

THE ASSOCIATED PRESS

Anonymous demands RCMP officer be fired

Hactivism. Notorious online group threatens to release personal info about Mountie who appeared to utter slur during New Brunswick anti-fracking protest



The hacktivist group Anonymous is demanding an RCMP officer who was caught on video appearing to utter a racial slur during anti-fracking protests in New Brunswick be fired.

Two weeks ago, members of the Elspogtog First Nation and opponents of shale gas development clashed with police in Rexton, N.B. Five police cruisers were destroyed and dozens of protesters were arrested.



A police vehicle is seen in Rexton, N.B., as police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Oct. 17. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

The event drew the attention of Anonymous, who launched #OpFrackOff in support of the protests. The group has previously become involved in other high-profile Canadian cases, including Idle No More and the death of Re-

taeh Parsons in Nova Scotia. This time, Anonymous has focused on an RCMP officer who appears in a video to utter a derogatory slur while confronting Mi'kmaq activists on Oct. 17. In the video obtained by the group, an unidentified

Mountie can be heard telling protesters that "Crown land belongs to our government, not to f—ing Natives."

In documents posted online, Anonymous has threatened to release personal information about the offending officer unless he is fired by the RCMP.

Const. Julie Rogers-Marsh of the New Brunswick RCMP confirmed that one of their officers uttered the slur. She said as soon as the Mounties became aware of the incident, the officer in question was sent home and an internal investigation was launched.

"We took action immediately," she said. "This type of behaviour is unacceptable and it's taken seriously by the RCMP."

Rogers-Marsh would not say what disciplinary measures might be taken, nor would she confirm whether the results of the investigation would be made public.

Toronto. Ford theatre has some applauding, others searching for the exit



Canada's largest city remained divided over its embattled mayor Monday after a public apology from Rob Ford failed to quell the controversy over an alleged crack video.

While some saw his words as the push needed to move past a long-running drug scandal, others said little had changed for Toronto.

After first saying he was sorry on his weekend radio show, the mayor took to the airwaves again Monday morning to repeat his apology for public drunkenness and texting while driving.

As before, however, Ford dodged questions about the

alleged video that appears to show him smoking crack.

For some Toronto residents, Ford's latest statements did little to change their views.

"Rob Ford's 'apology' sounds to me like just blowing smoke. Never mind what kind of smoke," one person said on Twitter.

"How many lies must Rob Ford be caught in before we can officially declare him to be a liar?" tweeted another.

But Ford's supporters continued their staunch defence of the mayor.

"Despite whatever Mayor Rob Ford has done in his personal life, he is still a good mayor and people should leave him alone," tweeted one woman. "The end result is that he is saving tax payers money," said another.

THE CANADIAN PRESS

Staying in character

"I'll be running the ship, even if it's by myself."

Toronto Mayor Rob Ford, while challenging any member of his government who can't work with him to leave.

Senate expenses scandal. Brazeau to colleagues: 'It can happen to you'

One of three former Conservative senators facing suspension without pay is warning all parliamentarians that the same thing could happen to them.

Patrick Brazeau made a last-ditch appeal to fellow MPs and senators Monday as the government moved to shut down debate on the proposed suspensions and force a vote on Tuesday.

"Colleagues, if this can happen to me, it can happen to you," Brazeau wrote in a letter to all parliamentarians.

"I recommend you have a lawyer examine all claims you submit before you submit them," Brazeau advised his colleagues. "You may cur-

rently believe you are being compliant with (House of Commons) or Senate policy. The rules may change without your knowledge and you may find yourself kicked out of your caucus, being suspended without pay and being scapegoated in the media as some kind of entitled 'fat cat.'

"This can happen in spite of the fact that you are completely compliant with a given policy. This can happen even though you never submit per diems for lunch and brown bag it every day. Your compliance is irrelevant if internal economy says that it is, as they are above the law."

THE CANADIAN PRESS

Montreal

Airport fire sends 5 to hospital

A fire on the tarmac at Montreal's Trudeau airport sent five to hospital with minor injuries Monday.

The blaze erupted on a baggage belt unloading

a Royal Air Maroc flight arriving from Casablanca just before 5 p.m. Airline personnel chose to evacuate the Boeing 767.

Seven were treated for smoke inhalation on the spot, with five of them going to hospital for treatment.

THE CANADIAN PRESS

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Saskatoon Transit will provide complimentary transit to and from the 2013 Remembrance Day Ceremonies at Credit Union Centre on Monday, November 11. Departures are as follows:

Downtown Special Events Stop

(23rd St & 2nd Ave) beginning from 9:00 a.m. buses will depart every 15 minutes, with the last bus leaving at 10:15 a.m.

Market Mall

Departure will be from the mall transit terminal at 9:45 a.m.

The Centre Mall

Departure will be from the mall transit terminal at 9:45 a.m.

Return trips will begin immediately following the close of ceremonies. For more information, please call Customer Service at 306-975-3100.

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100 YEARS OF BUS RIDER PRIDE

And the Oscar goes to ... Netflix for The Square?



The Square will debut exclusively on Netflix early next year. The streaming service broke new ground when it won an Emmy for House of Cards, now the company seems focused on adding an Oscar. NOUJAIM FILMS/THE ASSOCIATED PRESS

First the Emmys, now the Academy Awards. The video-streaming service has its sights set on new movie premieres

Netflix has acquired the first-run rights to a documentary on the Egyptian protests in Cairo's Tahrir Square, signalling a new push by the subscription company to program movie premieres.

The Square will debut exclusively on Netflix early next year, Netflix announced Monday. Jehane Noujaim's documentary depicts the tumult of the Egyptian Revolution beginning in 2011.

Netflix tried earlier to get into the first-run film distribution business with its indie label, Red Envelope. Several notable docu-

Award bait

The Square is playing in New York and Los Angeles theatres.

- The short theatrical run will qualify the film, an award-winner at the Sundance and Toronto film festivals, for Oscar consideration.

mentaries and independent films were co-produced by Netflix when it was just a DVD-by-mail business. But the company shuttered Red Envelope in 2008.

In a letter to shareholders this year, Netflix executives said the company would expand its growing library of original content beyond new TV shows like House of Cards and would seek to add "broadly appealing documentaries."

THE ASSOCIATED PRESS



Dog could fetch \$55M

Balloon Dog (Orange) by Jeff Koons is scheduled for auction at Christie's auction house next Tuesday, where it's expected to sell for up to \$55 million US. CHRISTIE'S/THE ASSOCIATED PRESS

Waterloo, Ont. BlackBerry hires turnaround expert after failure to get a buyer



John Chen will replace BlackBerry CEO Thorsten Heins on an interim basis. RICHARD DREW/THE ASSOCIATED PRESS

A well-connected U.S. tech industry veteran with a track record on turnarounds, John Chen has been named to lead troubled Canadian mobile telecommunications giant BlackBerry Ltd., the company announced Monday.

As executive chairman, Chen will be responsible for its strategic direction, strategic relationships and organizational goals, the Waterloo, Ont.-based company said.

The move came as BlackBerry failed to attract a buyer for the company by Monday's deadline, throwing its future into doubt.

Its largest shareholder, Fairfax Financial Holdings, along with other investors, has thrown it a \$1-billion US lifeline through the purchase of convertible debentures.

But more change is coming. Chen will also become interim chief executive officer when the debenture deal closes, likely in two weeks, while the company searches for a successor to departing CEO Thorsten Heins, the company said.

A Hong Kong native who trained as an electrical engineer in the U.S., Chen has worked at a number of large tech industry firms. TORSTAR NEWS SERVICE

Gay rights

Following uproar, Barilla pledges to improve diversity

Italy-based pasta maker Barilla is pledging to improve diversity after protests were sparked by an executive's claim the company would never feature ads depicting gay families.

Barilla says it has established a board to develop diversity goals and strategies. It said in a statement Monday that former F-1 driver Alex Zanardi, who lost his legs in a car crash, and David Mixner, a gay rights activist, agreed to serve on the board.

In September, gays and others raised calls to boycott Barilla products, which include cookies and bread. Many of the company's ads depict heterosexual couples with children gathered for meals. THE ASSOCIATED PRESS

Random biz fact of the day

1 in 3

1 in 3 employers rejected candidates based on something they found about them online.

BEHIRING/NEXCAREER

UN dietary guidelines

Nestlé products to have less salt

The world's biggest food-and-drink company is pledging to speed up making hundreds of products with less salt to honour new UN dietary guidelines.

Nestlé's statement said hundreds of products would be affected, including soups, noodles, recipe mixes, frozen and chilled meals and pizzas.

THE ASSOCIATED PRESS

The morning meal

Kellogg cuts jobs as cereal falls out of favour in U.S.

Kellogg is planning to cut its global workforce by 7 per cent as the maker of Frosted Flakes, Rice Krispies and Special K struggles to convince Americans to eat more cereal.

Kellogg has been struggling to boost cereal sales in its flagship North American market. Although cereal remains a huge business, Americans have a growing number of options and are increasingly reaching for foods that they can eat on the go. THE ASSOCIATED PRESS

IPO. Twitter may have a hard time turning its followers into investors

Twitter faces skepticism from potential investors and the broader public ahead of its initial public offering, according to an Associated Press-CNBC poll released Monday.

Some 36 per cent of Americans say buying stock in the seven-year-old short messaging service would be a good investment, while 47 per cent disagree. Last May, ahead of Facebook's IPO, 51 per cent of Americans said Facebook Inc. would be a good investment. Just 31 per cent didn't agree.

Twitter plans to make its Wall Street debut this week and, surprisingly, 52 per cent of people ages 18 to 34 say

Social media's value

\$12.5B

The transaction values Twitter at as much as \$12.5 billion US. That's little more than one-eighth of Facebook's roughly \$104 billion US market value when it went public.

investing in the company's stock is not a good idea.

Twitter Inc. will begin trading on the New York Stock Exchange on Thursday morning after setting a price for its IPO sometime Wednesday evening. As it stands, the San Francisco-based company plans to raise as much as \$1.6 billion in the process.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
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Natural gas: \$3.44 US (-4¢)
Dow Jones: 15,639.12 (+23.57)

TSX
13,361.73 (+24.27)

OIL
\$94.62 US (+1¢)

GOLD
\$1,314.70 US (+\$1.50)



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 2

metronews.ca/temp

Hipster for hire

**Yeah, I work...
at perfecting
the creases on my
distressed denim**

British Columbia's provincial government got a lot of attention in 2012 for transit ads declaring "hipster is not a full-time job."

The jury is still out, but it can certainly be a lucrative temp job.

Modelling agency Voltage Entertainment placed a Vancouver Craigslist ad Oct. 8, looking for the face of brand ambassador "Hipster Randy."

Said hipster would be paid \$2,500 a month and be on call for whenever the newest vintage clothing, vinyl record, craft brewing, organic farming operation needs a hunky, unshaven, flannel-clad, thick-framed-glasses-wearing man to give them instant "too cool to care" street cred.

Whatever.

MATT KIELTYKA/
METRO



Temp Accepts a Slightly Random Date with Chinese Guy

Today was Thursday. In the future, every day of the week will be Thursday. We're all going to be working to the grave and we all know it so days of the week will be meaningless. I call it Permaturus — I just happened to the future before most people. Permaturus isn't totally bad, but without the Internet it would be truly horrible.

My morning highlight was when Kyle the bike courier showed me his new forearm tat, a bleeding dagger, which sounds cliché but it was actually kind of hot, even though Kyle's not my type. Everyone in the office thinks we're some Big Item, and when we flirt everybody turns into gum-chewing zoo visitors staring at the chimp cage hoping something frisky transpires.

Then the day quickly went sideways. First, my daily ride home bailed on me — my sister, Amy, who just landed a gig teaching yoga for tweens at the now-empty Barnes & Noble on Route 34.

"Shanny, I hear buses are great these days. Like hotels, practically. You can blog about it — it's free content — you own your bus ride!"

Second, Kevin Taylor's and Andy Kimura's flight back from Beijing was grounded for a day because of a bird flu scare: scheduling mess. Third, there was a Norovirus outbreak at the Bunmeister during yet another lunchtime farewell party.

At 4:30, while I was puzzling over how to bus it home, the Danimal hobbled up to my desk, obviously deeply regretting his Bunmeister's Cheesetastic Meatball-icious sub.

"Dan, maybe you need some of those super-drugs they give to people on cruise liners."

"Shannon, I need you to do some overtime for me — for the company."

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas ..."

Twice my regular hourly rate? "Sure. What is it?"

"I need you to take a client out for drinks and dinner."

"What? No!"

"Shannon, here's the thing, all of us are dying and this guy has to be taken care of."

"Meaning?"

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas at Mister McFunbury's out by the off-ramp that takes you out to the oil refineries. This guy's not high up the food chain, but we can't not do something."

I stared him down. "OK, one: a week of free taxi cabs. Two: cash up front for the food — my cards are all maxed out. Three: drinks, dinner, dessert and goodbye. Two hours max."

"Agreed."

"Who is he, anyway?"

Random fact of the day

Coffee cold this morning?

- You can heat it up with sound energy by yelling at it for eight years, seven months and six days.

SOURCE: MSN.COM



"I think he's the idiot son of one of the engineers who's disassembling one of our lines. Andy says he's the guy who inserts the harpoon so they can reel it all back to Asia."

"Sounds colourful. OK. I'm in."

TO BE CONTINUED...

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HOW TO LOOK MORE ATTRACTIVE

There are many benefits to surrounding yourself with a great group of friends: Companionship, emotional support, always having someone to drive you home after you've had too many glasses of wine. But did you know that your pals also have the potential to make you appear more physically attractive?

Researchers at the University of California, San Diego, recently conducted a study to determine the validity of the so-called "cheerleader effect." Popularized by on-screen ladies' man Barney Stinson from the TV show *How I Met Your Mother*, the theory suggests that people seem better-looking when seen in a group context. I'll ignore my reservations about why academics are investing time and resources into proving the scientific merit behind the deranged ramblings of a television character, and get to the details.

Psychological scientists Drew Walker and Edward Vul con-



SHE SAYS

Jessica Napier

metronews.ca

ducted five separate experiments among 130 undergraduate students at the university to evaluate how people's perceived beauty might vary depending on whether they're alone or in a group. Participants were asked to rate the physical attractiveness of 100 individuals by looking at a variety of photographs. Sometimes the subjects were shown in a group portrait with two other people, other times the pictures were cropped to show the person alone. Overall, test subjects scored about two percent higher in terms of looks when shown as part of a group. Not an overwhelming beauty-boost, but statistically interesting enough to make me reconsider posting so many selfies online.

While the findings of the study might seem somewhat predictable — people who are socializing with others usually appear happy, confident and thus more appealing than solitary

loners — there's actually a bit more science to this phenomenon. The rationale behind the cheerleader effect has to do with our brain's subconscious tendency to merge facial features when looking at more than one person. We tend to read faces in group settings as ensemble representations and diminish individual's idiosyncrasies in the process. Unattractive characteristics that would stand out if seen in isolation are leveled out to give everyone an average group face. In this case, being average-looking is actually a good thing.

And while the 'cheerleader' label brings to mind acrobatic females in short skirts, the theory actually applies to both sexes. Men and women were consistently regarded as better looking when in the company of two or more people of the same gender.

"Having a few wingmen or women may indeed be a good dating strategy" the researchers are quoted as saying.

"The effect is definitely small, but some of us need all the help we can get," Vul said.

Follow Jessica Napier on
Twitter @MetroSheSays



Sharp instincts earn photographer top prize



COURTESY DOMINIKA WYPYCH

Sixth sense captured with a camera phone

Dominika Wypych, of Sweden, is one of this year's global grand winners of Metro's Photo Challenge with her submission of the Weimaraner that she snapped with her cellphone. This year's challenge entailed capturing a sense — which in this case is the sixth sense. **METRO**

Quoted

"The picture I took is of my dog, Salsa, who has cancer. This was the day before she was going to surgery and we wanted her to get a run in the woods, even though it rained. Since dogs are smarter than you think, she felt that something was going to happen. I saw it on her. So I wanted to capture the moment and took the picture with my camera phone, because it was really a 'sixth sense' moment." Dominika Wypych, 34, Stockholm

Shutterbugs

Metro Photo Challenge was introduced nine years ago in Sweden and ran globally for the first time in 2007.

Click metronews.ca for more photo contest submissions.



Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Archive.org is a rabbit hole of audio, video and literature culled from decades worth of media. Like most rabbit holes, it's hard to know where to start — but it's hard to beat the old-timey charm of 1940s radio programs. Try searching out these to get started.



POLOGOOMBA/Flickr

Secrets Of Scotland Yard: A fantastic true crime series that aired from 1949-51 that's packed with rich British accents, nefarious characters and schemes targeting the crown jewels (of course) and "unsightly" wives.

Mel Blanc Radio Show: Mel Blanc, a.k.a. the voice of nearly every Looney Tunes character you've ever seen commit a horrifying act of violence, was handed the reins of his own show in the 40s where he developed an eponymous repair shop

owner who has no business being in that line of work. Special guest stars include sadly obsolete words like "nincompoopery."

Orson Welles Radio Almanac:

Readings from Shakespeare, 19th-century newspapers and presidential letters are among the highlights from this 1940s miscellany assembled by a true legend. A D-Day episode that dramatized news of the Normandy landing is essential listening.

Letters

RE: Don't Believe Everything You Think, says Metro's Paul Sullivan, published Oct. 30

While everyone is entitled to their own opinion, I think that publishing this article was in poor taste. Who is he to say what people can or cannot believe in? Just because science has proven that things don't exist, doesn't mean that we can't believe in them. Each and every person thinks and perceives (and believes) things in different ways, so to say to someone 'science proved this to be untrue; change your

belief now,' is really low.

I also noticed that while angels, ghosts and Lucifer were touched upon, God was omitted. Why should you say that I can't believe in eternal damnation but eternal salvation is OK? If he was going to beat down those who believe in ghost and spirits, why not include those who believe in God?

Not to mention that while the article in whole is rude and condescending, the ending paragraph basically tells the readers that he is right and while people are bound to complain, they're nothing but 'trolls.'

Treasa Betts, Vancouver

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

DVD review



White House Down

Director. Roland Emmerich

Stars. Channing Tatum, Jamie Foxx

The word “excess” obviously doesn’t appear in any dictionary owned by Roland Emmerich. There’s no such thing as too much of anything to this most bellicose of filmmakers. So *White House Down* has exactly what you’d expect from the man and from the genre, only louder and dumber. If only he knew what to do with it. Emmerich can’t seem to decide whether he’s making a cautionary thriller about liberty’s need for eternal vigilance or a blows-up-good buddy comedy featuring a bad-luck cop (Channing Tatum) and a badass prez (Jamie Foxx). Other films have car chases. This one has a car chase on the White House lawn, with the president inside an armoured limo brandishing a rocket launcher, trying to escape bad guys by blowing a hole in the iron fence. The only thing missing from this scene is a Dukes of Hazzard soundtrack. Some Emmerich films are dumber than the others, and this is one of the really dumb times.

PETER HOWELL

Record label’s business is all about rocking the cradle

Rockabye Baby. CMH Label Group turns your favourite tunes into lullabies for baby — so you can sing along

PAT HEALY

Metro World News in Boston

Lisa Roth often finds herself giving unlikely advice to musicians who are covering songs by the likes of Black Sabbath, Guns N’ Roses, Jay Z and Kanye West.

“A lot of the times it’s, ‘I want you to produce this like there’s a baby sitting in your lap while you’re doing it,’” she says.

As vice-president and creative director of the CMH Label Group, Roth oversees a branch of the label that produces the *Rockabye Baby* series, in which musicians have taken the aforementioned artists and created lullaby renditions of their best-known work.

Roth created the series with co-worker Valerie Aiello in 2006 and she has since overseen more than 50 releases.

This week sees the release of a Nickelback compilation.

“When we developed this idea, no one here had kids,” says Roth. “I am not sure we would have thought about lullaby versions of Tool if we did have kids.”

For the uninitiated, *Rockabye Baby* releases are like a private game of Name That Tune that parents can play while their little ones benefit from soothing arrangements



Lisa Roth, the executive producer of *Rockabye Baby*. EARLY GIBSON

of classic tunes. Where a song like the Foo Fighters’ *Monkey Wrench* in its original incarnation is characterized by its hard guitars crunching up against bombastic drums and Dave Grohl’s rock ‘n’ roll screams, the *Rockabye Baby* version is an instrumental playground, led by harmonizing glockenspiels and filled out by little bird chirps, rattles and cute honks.

CMH Label Group releases about eight compilations per year, working with a small handful of producers, and Roth says the back-and-forth with a producer for each release could take as long as six months.

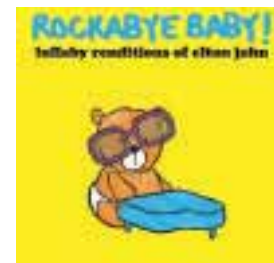
“There’s a certain amount of training that we have to go through with these people be-

cause it’s kind of nuanced: It’s not an easy thing to do. I think people have preconceived notions when it comes to a lullaby, as if you should just play quieter and slower, which is not the case at all,” she says.

“First of all, we are a record label, not a children’s company. The music, whether the consumer notices it or not, means a great deal to us.”

Yes, the consumer in question is a baby, one who’s unknowingly being introduced to the greatest pop music of the past few decades (yes, there are people who would put Nickelback into that category, sadly).

But the consumer is also the parent who can hear songs he or she already loves without having to suffer through



nonsense by purple dinosaurs or men in brightly coloured turtle-necks.

“I get to spend chunks of my day doing this thing,” says Roth, “and listening to music and deconstructing these songs and picking the instruments, and it’s like painting a little picture, and trying to do it with utmost deference and respect to the artists so they don’t get annoyed.”

It’s not the size of the part that matters

The long-awaited film adaptation of *Ender’s Game* has sparked more online discussion than most movies — whether among science-fiction fans or folks upset about author Orson Scott Card’s anti-gay views — so it would make sense for its 16-year-old star, Asa Butterfield, to avoid the Internet. But he’s not one for conventional wisdom, apparently. And while he’s been making his mark in lead roles in his young career, Butterfield appreciates that it’s not the size of the part that matters — something he picked

up from Glengarry Glen Ross.

Isn’t it a bit dangerous when you’re in a movie to go around looking for stuff about it online?

Obviously I’ve got to respect that of course other people are going to have opinions, but I think it’s impossible to not read things on the Internet.

Are there any areas where you can compromise if need be?

For me, definitely one of the most important parts is the

character. It may be a lead, it may be a supporting part, it may just be very little, but as long as you can make your mark on the film, then you’ve sort of done your job. And one of the films I always refer to when talking about this is, do you know the Glengarry Glen Ross film? Alec Baldwin comes in at the start and pretty much just tells them to sharpen up. That scene, I mean that has one of the best pieces of acting I have ever seen — and it’s his only scene in the film.

NED EHRBAR/METRO



Asa Butterfield, left, stars in *Ender’s Game*, which opened Friday. CONTRIBUTED



Lady Gaga ALL PHOTOS GETTY IMAGES

Lady and the Taylor: Are Gaga and her guy going to call it quits?

Lady Gaga and her Chicago Fire boyfriend, Taylor Kinney, have reportedly split up again, with Kinney citing her “insane workload” as an obstacle they can’t get past, according to the Sun. “Taylor has told her she’s married to her career and he can’t deal with dating Gaga the mega-star and all her obsessions and alter-egos,” a source says. “He loves the cool down-to-

earth girl but hardly gets to see her.” Seemingly proving Kinney’s point, Gaga reportedly wants to address the issue — when she has a spare moment. “Gaga’s hoping to meet up with Taylor when their schedule allow to talk things through,” the source adds, but “Taylor told her they need time apart, and it’s looking as if this might lead to a permanent split.”



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Did that slo-mo beach dash prep Pam for the real deal?

MELINDA
TAUB
Metro World News

Some marathoners can bounce back from a 26.2-miler like it was a walk in the park. Pamela Anderson does not appear to be one of them.

After her outing in Sunday’s ING Marathon in New York City, Pamela tweeted a pic of herself covered in ice packs in bed. It’s captioned, simply, “Ouch!”

I’m sure Pamela thinks the pain was worth it, though: The Baywatch star, who ran the marathon with her brother Gerry,

raised nearly \$76,000 for the J/P Haitian Relief Organization.

According to the marathon results page, Anderson finished the marathon in 5:41:03 — not bad for a 46-year-old lady who’s used to running down beaches in slow motion. Several famous marathoners beat her, though: Fellow beautiful person Christy Turlington bested her by nearly an hour with a time of 4:35:32, while ER and Top Gun star Anthony Edwards, visibly energized on the course by the cries of “Goose!” that I shouted at him, crossed the finish line in 4:45:26.

Of course, the winner, Kenya’s Geoffrey Mutai, could have finished the course twice before a single one of these celebs crossed the finish line. So Christy shouldn’t get a big head.



Michelle Pfeiffer

Cult leaders may have tried to recruit a young Michelle Pfeiffer

Michelle Pfeiffer says that she was taken in early in her career by a pair of “very controlling” personal trainers who turned out to be cult leaders — and she didn’t realize it until it was almost too late. “I wasn’t living with them but I was there a lot and they were always telling me I need to come more,” she tells Stella magazine. “I had to pay for all the time I was there, so

it was financially very draining.” The truth of the situation dawned on her while helping her first husband, Peter Horton, research a film in which he’d been cast about the Moonies. “We were talking with an ex-Moonie and he was describing the psychological manipulation and I just clicked,” she says. “I was in one.” She doesn’t specify how she got out, though.



Yoko Ono

Yoko and Paul let their long-time beef be

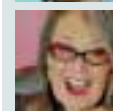
Relations between Yoko Ono and Paul McCartney seem to have finally thawed, with McCartney telling Rolling Stone recently that he gets along fine with John Len-

non’s widow. Ono tells the Associated Press that it was good to hear and that she’s “thankful” for his kind words. “He’s a rocker,” she says.

Twitter



@josswhedon
If I could do karate I probably would



@TheRealRoseanne
the devil is strong in this world-



@RebelWilson
I got HEAPS OF paper cuts today opening up a package of bathroom supplies. Such is life.



Even gods need to feel the burn

Workout. As Chris Hemsworth reprises his role in Thor: The Dark World, we speak to his personal trainer, Michael Knight, about how he stays fit

ROMINA
MCGUINNESS
life@metronews.ca

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training with Chris Hemsworth on and off for years.

Yeah, even the star of the new film Thor: The Dark World has a hard time maintaining that Viking god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight.

Hemsworth lost 30 pounds to play an F1 driver in Rush, and then had to put it right back on in time for Thor.

"So I always try and simulate that same workout in order to maintain his body shape in the long-term."

The maintenance workout designed by Knight specifically for Hemsworth revolves around three 20-minute sessions, which he does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight said.



The workout has clearly paid off. WALT DISNEY

"The workout starts off slow and finishes with a fury. On some days, you're going into the time under tension method, which is where you're using really heavy weights to tire your core and kettle bells. On other days, you might be doing double kettle bells, or working with a heavy tire, and finishing with a cardio blast."

The Chris Hemsworth maintenance workout

If, like Hemsworth, you're already in shape, then this

workout is going to keep your body strong. And it's all about big lifts.

"The idea is that you continually rotate body parts: so, one day you work your chest, the next day your back, then your shoulders, and then you go back to your chest, and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight.

You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

The workout is complicated, and unless you're thinking of auditioning for Thor

What's on Thor's plate?

When it comes to food, you need structure. Knight recommends you keep your diet clean by sticking to complex carbs, lean protein and healthy fats.

- **The protein.** Chicken, fish, plant-based protein powder, whole eggs.
- **The carbs.** Oatmeal, green vegetables, brown rice, sweet potato and very little fruit.
- **The fat.** Grass fed butter, coconut oil, avocado.

3, you don't need to go into so much detail. Here's the dummy version of the Chris Hemsworth maintenance workout.

Monday

Chest day

You'll have rested on the Sunday, so today is a big barbell day. Your body is going to be torched.

Workout highlights

Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

Tuesday

Back day

You're going to be a little tired and sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.

Workout highlights

An active warm-up of one-legged dead lifts, followed by back weighted pull-ups, and double kettlebell circuits to work the hips and the core.

Wednesday

Day off

Thursday

Shoulder day

This is a big day as you're coming off from recovery. Go back to your barbells.

Workout highlights

An active warm-up of dead lifts and strong man log presses followed by light squats and thrusters. Finish with ropes gone wild.

Friday

Chest day

100 per cent dumbbell day. Give it a quick pump.

Workout highlights

Inclined dumbbell presses with squats, followed by push up circuits and kettlebell snatch.

Saturday

Back day

This is a "show me what you've got left" day.

Workout highlights

Unweighted pull-ups, dead lift heaven balls and a metabolic cardio circuit, followed by jump ropes.

Sunday

Day off.

3 H I T T E R

There isn't two O's in the word Mom?

Tattoo mistakes. Think Before You Ink campaign raising awareness about the number of tattoos with errors in them

KIERON
MONKS
Metro World News

Whether declaring love for the wrong person, or announcing a medical condition rather than a profound phil-

osophy, an epidemic of tattoo mistakes are horrifying the body art community.

The worst type is foreign-language messages, for which over 60 per cent carry errors, according to translator and interpreter Sharon Stephens, who has set up Think Before You Ink, a campaign designed to avoid such awkwardness.

Was it an especially disgusting tattoo that encouraged you to launch the service?

Numerous really; there is huge demand for foreign language tattoos and I have

seen some nightmares.

I thought there needed to be a service that allowed people to check and make cancellations, as there was nothing before.

What are the most common or worst mistakes?

Chinese seems to be the main one. There was one man who thought he had "prosperity" but it was "diarrhea," another wanted "love and charity" but got "sweet and sour chicken."

Since the campaign began people have approached

us with more errors. David Beckham got his wife's name wrong in Sanskrit, and one man annoyed a Chinese tattooist, who wrote "cheap-skate" on his arm.

Interesting. So are the artists to blame?

They know what they are putting on, but people need to be aware that literal translations are often totally wrong so they need to be clear on the meaning. One artist told me he would always get a local Chinese restaurant to do translations.



David Beckham is no stranger to tattoos, but he got his wife's name wrong here in Sanskrit. LINTAO ZHANG/GETTY IMAGES

Eggplant gets fried and spiced and everything nice

1. Heat the oven to 350 F. Sprinkle the eggplant slices lightly on both sides with salt. Transfer to a large colander, then set in the sink and let drain for 15 minutes.

2. Meanwhile, in bowl combine the flour, cumin, paprika and cayenne. In a second bowl, whisk egg and water. In third bowl, place the bread crumbs.

3. Pat eggplant slices dry. One at a time, dip each slice first in flour, shaking off excess, then the egg, letting the excess liquid drip off, then the bread crumbs, knocking off the excess crumbs (they will clump).

4. In skillet over high, heat 1 1/2 tablespoons of oil. Add eggplant slices, reduce heat to medium and cook until golden, about 2 minutes. Flip slices, add remaining tablespoon of olive oil and cook until golden on the second side, about 2 minutes.

5. Transfer the slices to a sheet

Fried Spiced Eggplant with Cucumber-Garlic Sauce



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

pan. Bake on the oven's middle shelf until the slices are tender, about 15 minutes.

6. While the eggplant is bak-

ing, grate the cucumber on the coarse side of a grater. In a small bowl, combine the grated cucumber with the yogurt, garlic and a bit of salt.

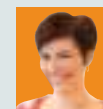
Ingredients

- 1 small eggplant (1/2 pound and about 2 inches wide), cut crosswise into 1/3-inch-thick slices
- Kosher salt
- 2 tbsp all-purpose flour
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 to 1/2 tsp cayenne
- 1 large egg
- 1 tbsp water
- 1 cup panko bread crumbs
- 2 1/2 tbsp extra-virgin olive oil, divided
- 2-inch piece seedless cucumber
- 1/2 cup fat-free plain Greek yogurt
- 1 small clove garlic, minced

7. To serve, transfer the eggplant slices to a platter and top each with a generous spoonful of the yogurt sauce. Sprinkle with parsley. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Health Solutions

Eggy truth



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

You know by now that the whole eggs are bad for your cholesterol thing is a myth. Except for extreme cases, an egg a day is perfectly healthy and it brings with it omega 3 fat, protein and brain protecting choline.

These days, though, you can spread your wings and try more than the run of the mill hen variety. Check these out:

• Lisa Hill of Pheasant Hill Farm in Owen Sound, Ont. raises pheasant, guinea fowl, partridge and duck eggs. All of her birds can "dust bath, chase and eat bugs, scratch in the gardens, spread their wings out in the sunshine or fly up and

perch in a tree," which provides them a broader variety of nutrients. You have to find her or another farmer like her at their farm gate or farmers market, though.

• Quail eggs are tiny, pretty additions to any dish and they are said to be more concentrated in nutrients. Likely a poor and expensive choice for an omelet but chefs suggest their use as a garnish.

• Duck eggs are more widely available, richer and bigger versions of the chicken egg. Found in specialty shops, Asian markets or high end grocers, these large, oily yolked options will make the best fried egg sandwich any brunch can muster.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Side. Sesame Kale Salad



When it comes to leafy greens, kale is king. It boasts more vitamin C than an orange, more calcium than milk and more iron per calorie than beef.

There is one problem with raw kale — it's tough. You can tenderize it by cutting it into thin shreds or, oddly enough, massaging it. Kale is the punching bag of the greens world. You need to beat it into submission if you're going to eat it raw.

You also need to remove the stems. The easiest way to do this is with a paring knife. One at a time, fold the leaves in half and lay it flat on the cutting surface. Use the knife to slice down along the side of the stem.

1. In a large bowl, whisk together the garlic, sesame oil, vegetable oil, vinegar and soy sauce. Add the kale and mas-

sage it with your hands for 2 to 3 minutes, or until it has become shiny and a little translucent and reduced in volume by one third to one half. Sprinkle with the sesame seeds, then season with salt and pepper. Toss well. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 small clove garlic, minced
- 2 1/2 tsp toasted sesame oil
- 1 1/2 tbsp vegetable oil
- 3 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 10 cups packed chopped kale leaves, stems removed
- 2 tbsp toasted sesame seeds
- Kosher salt and black pepper

Harvest Soup With Walnuts & Pesto is fall in a bowl, naturally

1. Heat oven to 220 C (425 F). On rimmed baking sheet, place carrots, parsnips, leek, onion, pear and thyme. Drizzle evenly

Ingredients

- 500 g (1 lb) carrots, peeled and chopped
- 500 g (1 lb) parsnips, peeled and chopped
- 1 large leek, white and light green parts only, chopped
- 1 large onion, chopped
- 1 large ripe pear, peeled, cored and quartered
- 3 sprigs fresh thyme
- 90 ml (6 tbsp) extra-virgin olive oil, divided
- 7 ml (1 1/2 tsp) salt, divided
- 2 ml (1/2 tsp) freshly ground black pepper, divided
- 4 slices Italian bread, each 2 cm (3/4 inch) thick, cut in cubes
- 125 ml (1/2 cup) crumbled goat cheese
- 75 ml (1/3 cup) prepared pesto
- 2 cartons (each 900 ml) prepared vegetable broth
- 50 ml (1/4 cup) 35 per cent whipping cream
- handful of walnuts



This recipe makes enough for 10 entree-sized portions. THE CANADIAN PRESS

with 45 ml (3 tbsp) of olive oil. Sprinkle with 1 ml (1/4 tsp) each of salt and pepper. Using hands, toss to combine. Roast 50 minutes, turning twice, or until softened and golden brown.

2. Meanwhile, in frying pan, heat remaining 45 ml (3 tbsp) olive oil over medium heat. Working in batches, fry bread cubes, turning often, for about 2 minutes, or until golden brown all over; transfer to a

bowl and set aside.

3. In bowl, gently stir goat cheese and 45 ml (3 tbsp) of the pesto until combined; set aside.

4. Place half of roasted vegetables in a blender. Pour in 500 ml (2 cups) of the broth. Purée until smooth. Transfer to a large saucepan. Repeat with remaining roasted vegetables, 250 ml (1 cup) water and 400 ml (1 2/3 cups) vegetable broth.

5. Heat soup over medium-high. Stir in remaining carton of vegetable broth, remaining pesto and remaining 6 ml (1 1/4 tsp) salt and 1 ml (1/4 tsp) pepper. Bring to boil; reduce heat and simmer uncovered for 15 minutes. Stir in cream.

6. To serve the soup, garnish with croutons, goat cheese mix and walnuts. **THE CANADIAN PRESS/ PRESIDENT'S CHOICE TEST KITCHEN CHEFS**

Hey baby, wanna earn some flowers tonight?

CarrotDating.com. Brandon Wade's newest app — which lets users bribe their way to a date — has stirred up some controversy

MICHELLE CASTILLO
Metro World News

MIT grad Brandon Wade — king of controversial dating apps — has a new one stirring up controversy: Carrot Dating. CarrotDating.com allows men and women to offer incentives — called “bribes” — to one another in order to snag a date. While some incentives are as innocent as flowers or dinner, others include a big trip or plastic surgery.

This comes on the heels of Wade's other ventures, sites like SeekingArrangement.com and WhatsYourPrice.com, which hooked up rich men

with willing women. Wade insists this isn't prostitution, nor sexist. In fact, 25 per cent of the bribes are initiated by women, he claims. We asked him more about the slippery slope.

So Carrot Dating is...?

Carrot Dating really is bribing somebody for a date. I think when you look at most of my other dating websites, they were founded primarily from my mother's advice because I was really shy and sort of awkward. My mom saw that, and she basically told me to focus on my school. She said, “Someday when you're successful, you'll be generous and turn those around, when it comes to the dating game.” Until I graduated, I was still struggling and still had the constant fear of rejection. I would never walk up to woman and use a pick up line. It's not my thing.

What you call generosity could be confused with prostitution. Do you agree?

How does generosity equal prostitution? That's a really

long stretch! Prostitution is literally paying for sex. In this case, sex cannot be expected. It's something people obviously aspire to, especially on a dating site — they look for someone they share chemistry with. When you look at Carrot Dating, when you look at the most popular types of offers that people have been offering and accepting — the first one being flowers, the second one being dinners — that's what people do nowadays anyway. He usually buys her dinner or flowers. And that's certainly not prostitution.

So why are critics calling the site misogynistic?

(Laughs) Maybe because we called it bribes, as opposed to incentives. Even incentives would be a little bit edgy. I think if we had called it something else, maybe something a little bit less playful or controversial, it wouldn't have caused as much of an uproar.

Have you ever used any of your websites?

I created Seeking Arrangement because I was just so frustrated with dating. I created that for myself. I was a user; had the very first profile on there.

I know you're in a relationship right now.

Yes, I met my wife about three years ago. We tied the knot about two years ago.

Did you meet her through a dating website or traditionally?

Traditional, I guess. She applied for a job, and we hired her, and I was working with her, and we kind of started dating and we fell in love and that's kind of the story. In a way, it was because of the websites that I built.

So there was no carrot?

Yeah, there was no carrot when I was dating my wife, but in a sense there was. I'd always give her gifts or a surprise weekend trip somewhere. But, that is one of the languages of love. Giving gifts is one of the five languages of love.



Maybe CarrotDating.com is behind this odd couple? ISTOCK

Why the temp life may be right up your alley

Employment. Makeshift work has a bad rap, but it can prove useful for a variety of job seekers



YOUR MONEY
Alison Griffiths
money@metronews.ca

Does any of the following describe you?

- Self-employed with some hours to spare.
- A stay-at-home parent not ready for a full-time job.
- A young worker with skills but little experience.
- In-between permanent jobs.
- A retiree still eager to work.

If one of these profiles fits, then you might be perfect for the temp world. “Temporary work is also a good fit for any-

one looking to gain additional experience and skills or obtain experience in a new field,” says Shari Angle, Toronto-based vice president with Adecco, Canada's largest temporary recruitment agency.

There are temp agencies specializing in every industry and skill set from labourers to scientists. Not surprisingly, demand is tied to the economy.

“The temporary staffing market across Canada has full seasonal demand in the areas of distribution, logistics, and warehousing which specifically drive temporary hiring in geographic areas near airports and ports of entry,” points out Angle.

Wherever there is a strong economy and low unemployment, such as in Saskatchewan and Alberta right now, the availability of temp positions rises.

In Wild Rose country, for instance, there's a strong need for workers in a many areas

The upside of temping

“I've had great assignments and lousy ones. But I always know they will come to an end.”

Calgary computer programmer Terri McGinnis

that support the oil and gas industry.

Temp workers can also be in demand during a poor economy because employers are reluctant to hire full time staff.

Temp work can lead into a career. Dawn Johnson, for example, took a handful of placements as a health-care accountant.

Her most recent assignment lasted 18 months and then turned into a full-time job in Columbus, Ohio.

For some, the appeal of temp work is that it's, well, temporary. Calgary computer programmer Terri McGinnis travels with her husband on his contracts around the world

as a forestry consultant. “I've had great assignments and lousy ones,” she laughs, “but I always know they will come to an end.”

As with seeking any kind of work, the best place to start is a well-crafted resume and reference letters. Angle stresses that people should research the kind of jobs posted by various agencies. If a number match your skill set, contact the agency directly to inquire about an interview with a recruiter.

The first few positions can take a bit of time, but once you've established yourself as a reliable employee, an agency will be eager to keep you busy.



Research the kind of jobs posted by various temp agencies, and if a number of them match your skill set, contact the agency to ask about setting up an interview with a recruiter. ISTOCK

Hervey reflects on Esks' coaching woes

CFL. Edmonton general manager says team's next skipper will be 'more detailed and structured'

Saying the Edmonton Eskimos are at a critical stage for their future, general manager Ed Hervey fired head coach Kavis Reed on Monday and said he will bring in a new man who is more like himself.

"It is my feeling the club is at a stage that is critical to our on-field expectations and this move was necessary," Hervey said hours after he informed Reed he was gone after three years as head coach. "I have confidence this decision will give our club its best opportunity to compete at a high level heading into the 2014 season."

Hervey said his plan is to appoint a head coach who will bring a structured environment, a unified coaching staff and have the ability to develop players. The first-year GM said he's looking for a coach who could bring the best staff with him, but added he has not spoken to the current Eskimo assistants about their future.

"It's going to be a very



The Eskimos fired head coach Kavis Reed on Monday after three seasons in Edmonton. FRANK GUNN/THE CANADIAN PRESS FILE

thorough and methodical process and I'm going to choose the right coach," he said of the search. "Not the

right fit, but the right coach. I'm going to get someone who is a little bit more like myself, a little more detailed and structured and not really looking to spend a lot of time with you guys, more time developing the football team."

Reed took over the Eskimo coaching job in 2011, leading them to an 11-7 record, second in the CFL West and

was a finalist for coach of the year. In 2012 their record fell to 7-11 and this year they were 4-14, one of the worst records in franchise history.

Hervey, who didn't speak to the media for much of the season, said he's "not certain" there was much Reed could have done this year to save his job.

THE CANADIAN PRESS

NFL

Teammate accused of racism, bullying

Two people familiar with the situation say suspended Miami Dolphins guard Richie Incognito sent text messages to teammate Jonathan Martin that were racist and threatening.

The team and NFL continued their investigation into allegations by Martin's representatives that he was bullied. The NFL Players Association also planned to look into the matter.

The 319-pound Incognito, a ninth-year pro, is white. Martin, a 312-pound tackle who is in his second NFL season, is black.

THE ASSOCIATED PRESS

NBA

Sixers suffer first loss of season

Andre Iguodala made a career-high seven three-pointers and scored 32 points, Stephen Curry had 18 points, 12 assists and 10 rebounds, and the Golden State Warriors handed the Philadelphia 76ers their first loss of the season, 110-90 on Monday night.

The overachieving 76ers (3-1) were one of the early surprises of the season.

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NBA

Cavs avoid collapse vs. Timberwolves

C.J. Miles scored 19 points, Kyrie Irving added 15 and the Cleveland Cavaliers held off a late rally for a 93-92 victory over Minnesota on Monday night, handing the Timberwolves their first loss of the season.

THE ASSOCIATED PRESS

Ed looks ahead

"I believe when I appoint the next head coach he will have all the qualifications that I want for this team."

Edmonton GM Ed Hervey



Roughriders running back Chris Garrett loses his helmet after being hit by Edmonton Eskimos defensive end Justin Capicciotti during Saturday's game at Mosaic Stadium. LIAM RICHARDS/THE CANADIAN PRESS

Riders' Garrett named top attacker for Week 19

Saskatchewan Roughriders running back Chris Garrett is the CFL offensive player of the week, rushing for 152 yards and a touchdown on the final week of the regular season.

Garrett scored his eight-yard touchdown in the third quarter, which gave the Roughriders a 17-13 advantage. It wasn't enough for Saskatchewan, as the Edmonton

Eskimos won the game 30-26.

Edmonton linebacker Renie Curran and kick returner Jamal Miles won awards for their roles in the Eskimos' triumph.

Curran tied his season-high with 11 tackles and added a 56-yard interception return for a touchdown — his first in the CFL — to win defensive player of the week honours.

Miles had a clutch 79-yard punt return touchdown with under a minute to play in the game to earn the special teams honours.

B.C. running back Andrew Harris was named top Canadian.

The Winnipeg native ran for 102 yards and a touchdown as the Lions beat Calgary 26-7.

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Horoscopes

Aries

March 21 - April 20

Try not to be too aggressive when dealing with people at work. In fact, with Venus, planet of harmony, moving into the career area of your chart today, you should go out of your way to be nice.

Taurus

April 21 - May 21

Something you say today will have far-reaching consequences, so be on your best behaviour. Everything you put out into the world sooner or later comes back to you.

Gemini

May 22 - June 21

You may feel you are being treated unfairly but complaining about it is unlikely to change the situation. Act as if you are completely unaffected by what other people say.

Cancer

June 22 - July 23

Someone you meet today will tick all the right boxes. You will get along as if you've known each other for a lifetime. It's going to be a beautiful new friendship and, who knows, it may even be love.

Leo

July 24 - Aug. 23

Don't push yourself hard today. Whatever tasks you have, there is no need to rush. This is one of those days when the world must, and will, wait for you.

Virgo

Aug. 24 - Sept. 23

There are times when you should hold out for the best possible deal and there are times when you should compromise and this is one of the latter. Don't forget that profit is not the only thing to measure relationships by.

Libra

Sept. 24 - Oct. 23

Today's positive cosmic influences will help you get your point of view across but don't forget that your view is one of many. There is plenty of room in this big, wide world for all shades of opinion.

Scorpio

Oct. 24 - Nov. 22

Keep your ears open today and, if you hear a distant rumble, get yourself to higher ground as quickly as you can. There is some kind of upheaval coming and you don't want to be in the way when it arrives.

Sagittarius

Nov. 23 - Dec. 21

You may have failed but that does not mean you are a failure. Smart people realize that failure is a brick in the wall of success. The more bricks you have, the higher you can build your dream.

Capricorn

Dec. 22 - Jan. 20

You may feel assertive today but don't push people around you too hard because you are likely to spark some sort of rebellion. Always see partners as human beings, not mere cogs in your grand design.

Aquarius

Jan. 21 - Feb. 19

If someone gives you a hard time over the next 24 hours, you should smile and let them see it does not bother you. They will go and find someone who is easier to annoy.

Pisces

Feb. 20 - March 20

Stop worrying about things that might go wrong. It's not about what you can and cannot do, it's about your attitude to life in general. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Mil. force that protected the Allies from U-boats in the North Atlantic during WWII
- Junk
- Law
- Lightbulb moments!
- ___ donna
- Characters' selves
- Mr. Julia
- On-a-field sport
- Bouncy-less hair
- Typos
- ___ Fitness (Canadian health clubs chain)
- Saskatchewan's CFL team nickname
- Liberace's nickname
- Plus...
- ___ tape
- Barely believe
- Wading bird
- Rupture
- Killer whales
- Cul-de-___
- Choreographer, Bob ___
- Count on
- The pair
- Skilled at crafts
- Someone from Juneau's state
- "Ha! See ___ care."
- Actor Mr. Avery
- Manitoba: Landscape features in Wapusk National Park: 2 wds.
- Calgary-Edmonton



- (Alberta region)
- Patrick J. ___ (Questions remain over his conviction/execution for the 1868 assassination of Father of Confederation, Thomas D'Arcy McGee)
- Sore spot, slangily
- Ruin

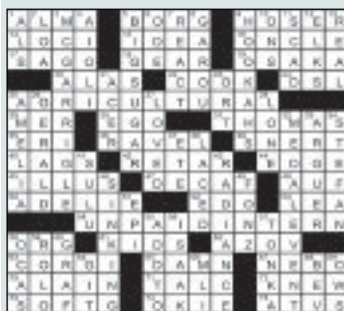
- Julia Roberts' actress niece
- Created
- Topic
- Li'l thermometer reading
- ___a-porter
- Sniffers
- '___ in Cornwall

- More pink, as steak
- "Cuchi-cuchi"-saying songstress
- South Pacific island country
- Twisted ankle injury
- Grand ___ (Wine classification)
- 1973: Billie Jean King's famous tennis

- opponent Bobby
- Podium
- "Eyes of a Stranger" band from Vancouver
- Arcade Fire's latest album
- Certain citrus
- Bread's shape
- Renaissance family name

- Smelting waste
- "___ a wrap!"
- ___Plaines, Illinois
- 2005 Justin Timberlake movie
- Canadian Hip-Hop artist, ___ Mee
- 'Luck' suffix (Most fortunate)
- Northern BC's ___ River
- Stone hue
- "___ the Explorer"
- Mr. Hershiser
- Univ. in The States
- Thoroughfare-of-finance in Toronto: 2 wds.
- Cricket club
- Country's Ms. Hill
- ___ Family (Acting brothers)
- Garden pond fish
- November 5th: Guy ___ Day
- The ___ (Journalists as a group)
- Turn ___ red (Get embarrassed)
- Person of ancient Mexico
- Sci-Fi weapon, ___ ray gun
- Breaks branches
- Free pass, commonly
- Man ___ (Legendary racehorse)
- Drive
- "...___ it seems." (That's how things look)
- Acting aids, ___ cards

Yesterday's Crossword

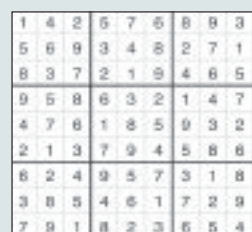


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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— NB



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